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# SERVING MANY

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Food news for food managers in industrial  
plants, restaurants, hotels, and hospitals

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U.S. DEPARTMENT OF AGRICULTURE  
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## Abundant Foods

Fall cabbage, "late" Irish potatoes and sweet potatoes will be in abundant supply during the month of October. The cabbage crop has reached record proportions and plentiful amounts of the hardy Danish variety of cabbage will be available.

Cabbage is an inexpensive vegetable and one that can be used in many ways. It is a good source of vitamin C when it is properly prepared. Cabbage should be cooked just until tender, in order to prevent discoloration, the development of a strong flavor, and the destruction of vitamin C. In order to preserve the crispness of cabbage salads, salad dressings should be added just before salads are served.

Sweet potatoes will be plentiful at harvest time, between September 15 and November 1. The quality of these sweet potatoes will be good and the prices will be below ceiling in most markets. Industrial feeding managers should plan to use sweet potatoes often during the period when they are abundant. Sweet potatoes may be baked, browned, candied or mashed. Steamed sweet potatoes are delicious when sliced lengthwise and browned lightly in a small amount of fat.

"Late" potatoes now appearing in the markets are thick-skinned and will keep well if properly stored. Cool, well-ventilated storage should be provided, and potatoes should be sorted frequently to remove any spoiled ones which otherwise might damage the entire lot.

Care should be taken in handling potatoes from the time of delivery until the time of serving to prevent unnecessary waste. More pounds of potatoes than of any other one vegetable are used in industrial feeding. Therefore, although they are relatively inexpensive, unnecessary waste in preparation may amount to a considerable item of expense.

Some ways to prevent excessive waste in preparing potatoes are:

1. Sort potatoes for size to regulate the time required for cooking and to obtain uniform sized portions.

2. Use large potatoes for baking, the medium size for steaming and browning, and smaller ones for mashing and slicing.
3. Put potatoes of approximately the same size into the potato peeler to prevent small potatoes from being wasted while larger ones are being peeled.
4. Regulate the operating time of the potato machine to prevent overpeeling. Instruct workers in the exact length of time required to peel a hopper of potatoes.

#### Serving Milk to Workers

War Food Order 79, which limited the use of milk and milk products, has been revoked. Industrial feeding managers now should have adequate supplies of milk, cream, and cheese. Ice cream will continue to be somewhat restricted in quantity by the sugar shortage.

Milk is one of our most valuable foods and it is also one which is easily contaminated. Therefore, the greatest care should be taken in handling and serving milk and other dairy products.

Recommendations that have been made by the United States Public Health Service for the care of milk in eating establishments include these precautions:

1. Pasteurized milk and milk products should be used whenever these are available.
2. Milk should be served in the original container in which it was received from the distributor, or from a bulk container equipped with an approved dispensing device. 1/
3. Milk should be held at or below 50°F.
4. The pouring lips of milk bottles and paper containers should not be submerged in water used for cooling.

Recent research has shown that milk dispensed in clear glass bottles should be kept out of the direct sunlight in order to prevent destruction of vitamin B<sub>2</sub> (riboflavin). Bottled milk that was exposed to direct sunlight for 1 hour lost from 30 to 54 percent of its riboflavin content. As milk is one of the most valuable sources of this vitamin, food managers should not let bottled milk stand on loading platforms exposed to sunlight.

#### Between-Meal Feedings

Industrial production is maintained at a higher level when fatigue is kept at a minimum and the morale of the workers is high. Studies on industrial efficiency have shown that short rest periods at the end of the first and third quarters of a shift have a beneficial effect in combating fatigue and in sustaining morale.

When appetizing and nutritious foods are served during the rest periods, they have been shown to result in increased productivity and improved morale.

1/ U.S. Public Health Service "Milk Ordinance and Code Recommended by the U.S. Public Health Service." Bulletin No. 280, 1943, pp. 44.

Between-meal refreshments served to industrial workers should make a definite contribution to the worker's diet. Foods should be served that meet the following qualifications:

1. Provide essential nutrients as well as energy.
2. Can be dispensed quickly in a sanitary manner.
3. Can be sold at a moderate price.
4. Are acceptable to the workers.

Foods that satisfy these qualifications include: Fresh fruits, citrus fruit juices, tomato juico, milk, ice cream, and sandwiches. Whole-wheat crackers, peanut butter wafers, and molasses and oatmeal cookies are accompaniments that may be served with fruit juices or milk to supply nourishment as well as calories.

Experiemtns have shown that foods that contain protein and fat as well as carbohydrates sustain energy for a longer period than foods containing carbohydrates alone. Milk is a food that contains protein, fat, and carbohydrates and is, therefore, an excellent "snack" food. It should be offered in half-point containers as well as in pints for the mid-meal snack.

#### Public Health Films

Industrial feeding managers will be interested in a series of 4 film strips for food handlers recently issued by the U.S. Public Health Service. The title of the series is "Our Health is in Your Hands."

The subjects included in these film strips are: Dishwashing, the spread of disease by improper food handling, methods of personal cleanliness, and safe methods of food preparation and service.

The film strips are 35 mm with sound. The sound records are 16-inches in diameter and are designed for use on a turntable that revolves at 33-1/3 r.p.m. Each film strip requires about 10 to 15 minutes.

Information about obtaining these films is included on the attached announcement of the Federal Security Agency.

#### Public Health Posters

The U.S. Public Health Service has issued a set of 6 colored posters, entitled "For Our Patron's Health," which are designed for the attention of food service employees. These are colorful and attractive and bring out important points on the care and handling of foods. A set of these posters may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D.C. Price 25 cents.

#### October Menus for Special Lunches

1.

Roast shoulder of lamb  
Hashed potatoes  
Buttered peas  
Enriched bread with butter or  
fortified margarine  
Canned apricots - cookies  
Beverage

2.

Baked lima beans with bacon strips  
Fresh buttered spinach  
Cabbage and carrot slaw  
Whole-wheat bread with butter or  
fortified margarine  
Green apple pie  
Milk

3.

Hamburger patties  
Scalloped potatoes  
Stewed tomatoes  
Enriched rolls with butter or  
fortified margarine  
Fruit gelatine  
Milk

5.

Fish cakes with tomato sauce  
Parsleyed potatoes  
Mixed green salad  
Enriched bread with butter or  
fortified margarine  
Cottage pudding with fruit sauce  
Milk

7.

Chicken fricassée  
Mashed potatoes  
Baked acorn squash  
Enriched rolls with butter or  
fortified margarine  
Chocolate ice cream  
Beverage

9.

Braised liver  
Lyonnais potatoes  
Parsley-buttered cauliflower  
Enriched bread with butter or  
fortified margarine  
Sponge roll with orange filling  
Milk

11.

Veal stew with potatoes, carrots and  
onions  
Head lettuce salad with Russian  
dressing  
Whole-wheat bread with butter or  
fortified margarine  
Fresh fruit cup with ginger cookies  
Beverage

4.

Boiled tongue with horseradish  
sauce  
Baked potato  
Buttered green beans  
Whole-wheat bread with butter or  
fortified margarine  
Warm gingerbread with whipped  
cream  
Milk

6.

Swiss steak  
Steamed potatoes in jackets  
Buttered fresh cabbage  
Whole-wheat bread with butter or  
fortified margarine  
Prune whip with custard sauce  
Milk

8.

Frankfurters  
Hot potato salad  
Buttered carrots  
Enriched rolls with butter or  
fortified margarine  
Vanilla pudding with cherry garnish  
Milk

10.

Spanish omelet  
New potatoes in jackets  
Cabbage and apple salad  
Enriched rolls with butter or  
fortified margarine  
Fresh prune cobbler  
Milk

12.

Baked fish with Philadelphia relish  
Creamed potatoes  
Scalloped eggplant and tomatoes  
Whole-wheat bread with butter or  
fortified margarine  
Pineapple sherbet  
Milk

Baked stuffed peppers  
 Parsleyed potatoes  
 Harvard beets  
 Whole-wheat rolls with butter or  
     fortified margarine  
 Pumpkin pie  
 Milk

Roast beef with gravy  
 Mashed potatoes  
 Savory cabbage  
 Enriched bread with butter or  
     fortified margarine  
 Peach shortcake  
 Milk

### Dishwashing

Sparkling glasses, shining silver, and spotless china results from carefully regulated dishwashing and are an indication of the food service standards of the establishment. Good methods of dishwashing will increase the efficiency of the dish room and the cleanliness of the tableware.

### Use These Efficient Methods of Dishwashing

1. Scrape dishes thoroughly before washing.
2. Pre-rinse dishes to remove adhering food by immersing them in a soaking sink or by rinsing them with the spray from a hose. The rinse hose should be attached at the scraping section.
3. Maintain the temperature of the wash water at 140°F. and do not let it fall below 120°F. A thermostat should be installed on the dish machine to control the temperature of the water.
4. Use a dishwashing compound that is suited to the hardness of the water. Add fresh compound at regular intervals. An automatic detergent dispenser installed on the machine will regulate the amount of compound used.
5. Rack dishes in such a way that all surfaces are exposed to the water. Avoid over-crowding the racks, and overlapping the plates. Invert cups, bowls and glasses so that the spray will be forced inside.
6. Rinse dishes with water at a temperature of 170°F. A steam booster may be needed to raise the rinse water to this temperature.
7. Allow dishes to stand in the rack long enough to air dry them before stacking. This method is time saving and more sanitary than toweling the dishes.
8. Change the water in the wash tank once in every hour or so during the dishwashing period in order to keep it clean.
9. Wash glass ware separately in a glass-washing machine, or put it through the dishwasher before the china is washed.
10. Fill racks only about one-third full of silverware. Dry it immediately after it is taken from the machine with clean dry towels that are used only for this purpose.
11. Drain the water from the wash tank at the end of the dishwashing period and wash down the sides of the machine with a stiff brush. Clean the outside of the machine as well as the inside.

12. Remove the strainer trays and clean them thoroughly.
13. Clean the wash and rinse sprays carefully at least once each day. Remove bits of food and sediment caught in the openings.
14. Leave the doors of the dish machine open when it is not in use.
15. Wash the dish tables with a neutral soap solution, rinse and dry after each using. Avoid the use of coarse abrasives which will scratch the surface of the metal.

Public Health Bulletin No. 280 - "Ordinance and Code Regulating Eating and Drinking Establishments Recommended by the United States Public Health Service," 1943 - gives standards for dishwashing and other recommended methods for the control of sanitation. Industrial food service managers will find much helpful information in this bulletin. It is for sale by the Superintendent of Documents, Government Printing Office, Washington 25, D.C. Price 20 cents.

A new leaflet "Methods of Sanitizing Eating and Drinking Utensils" by John Andrews; Reprint No. 2574 from Public Health Reports; U.S. Public Health Service, 1945; may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D.C. Price 5 cents. This leaflet includes recommended procedures for washing and disinfecting dishes and utensils, and also contains an excellent discussion of detergents and their properties.

Federal Security Agency  
U.S. PUBLIC HEALTH SERVICE  
Washington, D. C. (Bethesda Station)

Division of Public Health Methods

July 27, 1945

The Public Health Service announces the release of a sound slide-film series entitled OUR HEALTH IN YOUR HANDS, intended for use in teaching sanitation to personnel of eating and drinking establishments.

Copies of the series have been made available to all State health departments and Public Health Service district offices, and may be purchased from Castle Films, Inc., 30 Rockefeller Plaza, New York, N.Y. The price of the complete series is \$10.00, less 10% discount to schools and other non-profit institutions.

OUR HEALTH IN YOUR HANDS consists of 4 film strips and two double-face, 16-inch, 33 1/3 r.p.m. recordings. Each runs from 10 to 15 minutes. They are:

GERMS TAKE POT LUCK -- showing how germs cause disease, how diseases may be spread--particularly in restaurants--and how restaurant employees can do their part toward protecting the health of the nation by following correct sanitation practices. (76 frames).

SERVICE WITH A SMILE -- illustrating in photograph and narrative the need for attention to personal health, ways to keep well, and safe clean practices in serving food. (63 frames).

IN HOT WATER -- the correct way to wash dishes, handle, and store them. Hand dishwashing is shown step by step. A briefer sequence shows the operation of a single-tank dishwashing machine. (75 frames).

SAFE FOOD FOR GOOD HEALTH -- recommendations as to safe buying, safe preparation, safe serving of food, and how to protect it from contamination. (81 frames).

The value of educational methods in restaurant sanitation is gaining widespread recognition. Many health departments are conducting or planning training courses for restaurant employees. OUR HEALTH IN YOUR HANDS was designed for their use. It is suitable also for training programs in industry, which are devoting increased attention to the public health aspects of restaurant operations.

OUR HEALTH IN YOUR HANDS was produced by the Public Health Methods Division for the Milk and Food Section, Sanitary Engineering Division, U. S. Public Health Service.

